What is claimed is:

1. A buffer to be attached to an attaching member, comprising:

a grommet having a hollow tube portion, an attaching portion for holding the grommet to the attaching member, and an elastic engaging piece projecting inside the tube portion,

an engaging member slidably disposed in the hollow tube portion and having engaging step portions for engaging the elastic engaging piece,

a damper main member slidably disposed in the engaging

member and having an abutting portion at a middle portion thereof

in a longitudinal direction for abutting against the engaging

member, and

means disposed between the engaging member and the damper main member for moving the damper main member in a direction away from the engaging member and fixing the damper main member relative to the engaging member so that the damper main member projects from the grommet by a desired distance.

2. A buffer according to claim 1, wherein said damper main member further includes a first screw portion formed above the abutting portion, said means including a collar having a second screw portion engaging the first screw portion of the damper main member, said collar being rotated after the collar abuts against the grommet.

3. A buffer according to claim 2, wherein one of said engaging member and said damper main member includes a long groove provided along a direction that the damper main member slides in the engaging member, and the other of said engaging member and

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said damper main member includes an elastic engaging claw engaging the long groove.

- 4. A buffer according to claim 1, wherein said damper main member further includes a stopper for restricting the damper main member from moving in a counter-insertion direction.
- 5. A buffer according to claim 3, wherein said damper main member further includes a stopper for restricting the damper main member from moving in a counter-insertion direction, said stopper being formed at one end of the long groove.
- 6. A buffer according to claim 5, wherein said damper main member further includes a lower portion formed below the abutting portion and having non-circular walls inserted into the engaging member.
- 7. A buffer according to claim 6, wherein said lower portion has the long groove with the stopper, and the engaging member has the 20 engaging claw.